

HORÁRIOS DOS TREINOS

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO
06:00	BOXE	MUAYTHAI	BOXE	MUAYTHAI	BOXE	
07:00	MUAYTHAI	BOXE	MUAYTHAI	BOXE	MUAYTHAI	
08:00	JIU-JITSU	MUAYTHAI	JIU-JITSU	MUAYTHAI	JIU-JITSU	
09:00	BOXE		BOXE		BOXE	MUAYTHAI
11:00						BOXE
16:00	MUAYTHAI	BOXE	MUAYTHAI	BOXE	MUAYTHAI	
17:00	JIU-JITSU		JIU-JITSU			
18:15	BOXE	MUAYTHAI	BOXE	MUAYTHAI	BOXE	
19:15	MUAYTHAI	BOXE	MUAYTHAI	BOXE	MUAYTHAI	
20:15	BOXE JIU-JITSU	MUAYTHAI	BOXE JIU-JITSU	MUAYTHAI	BOXE	



HORÁRIOS DOS TREINOS - INFANTIL

	SEGUNDA	TERÇA	QUARTA	QUINTA	SEXTA	SABÁDO
09:00		MUAYTHAI KIDS (7 A 13)		MUAYTHAI KIDS (7 A 13)		
10:00						MUAYTHAI KIDS
17:40		JIU-JITSU KIDS (4 A 6)		JIU-JITSU KIDS (4 A 6)		
18:40		JIU-JITSU KIDS (10 A 14)		JIU-JITSU KIDS (10 A 14)		
19:15	JIU-JITSU KIDS (8 A 15)		JIU-JITSU KIDS (8 A 15)			
19:40		JIU-JITSU KIDS (7 A 10)		JIU-JITSU KIDS (7 A 10)		

